



National Nutrient Database for Standard Reference

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Statistics Report 09146, Jujube, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	77.86	11	2.104	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	79	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	331	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	1.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.51	6	0.066	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	20.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	21	8	3.970	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.48	3	0.165	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	23	6	3.605	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	250	3	20.090	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.05	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.073	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.084	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	69.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.900	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.081	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Flavonoids													
Flavan-3-ols													
(+)-Catechin ¹	mg	3.2	--	0.27	2.46	3.74	--	--	--	--	--	--	--
(-)-Epicatechin ¹	mg	0.3	--	0.06	0.19	0.48	--	--	--	--	--	--	--
Flavonols													
Quercetin ¹	mg	1.3	--	0.29	0.44	1.78	--	--	--	--	--	--	--

¹San, B. and Yildirim, A. N. Phenolic, alpha-tocopherol, beta-carotene and fatty acid composition of four promising jujube (*Ziziphus jujuba* Miller) selections, 2010 J. Food Comp. Anal. 23 pp.706-710